

OCTOBER 2024

Essex Area Senior Center Newsletter

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“FALL HAS ALWAYS BEEN MY FAVORITE SEASON. THE TIME WHEN EVERYTHING BURSTS WITH ITS LAST BEAUTY, AS IF NATURE HAD BEEN SAVING UP ALL YEAR FOR THE GRAND FINALE.”
– LAUREN DESTEFAN



IMPORTANT ANNOUNCEMENTS

We are partnering with Age Well to offer meals by donation on Mondays a few times a month! See page 15 for details!

Julie will be away at a conference October 7-10. Regular programming will still be occurring, and Julie will be available via email.

The Holy Family Parish Center is EASC's new programming space during the Lincoln Hall Renovations-

Address: 28 Lincoln St. Essex Junction, VT 05452

CONTACT INFORMATION



FACEBOOK PAGE:
[@essexjunctionrecreationandparks](#)

WEBSITE:
[@www.ejrp.org/olderadults](#)

EJRP CONTACT INFORMATION:
Julie Shorter
Program Director
for Older Adults

EMAIL:
jshorter@ejrp.org

PHONE:
(802) 878-1375 x 1553

TEMPORARY LOCATIONS DETAILS

HOLY FAMILY PARISH CENTER

- Tuesdays: Bingo (10:00 AM - 1:00 PM)
- Wednesdays: Cribbage (1:00-3:00 PM)
- Thursdays: Duplicate Bridge (12:30 PM - 4:00 PM)

Please note that the room in which programs will take place within the Holy Family Parish Center will be inconsistent. There will be various forms of communication to ensure all are aware of the specific locations for each program

BROWNELL LIBRARY - KOLVOORD ROOM
-FRIDAYS: MAH JONGG (10:00 AM - 12:00 PM)

JOIN OUR EMAIL LIST!

-Help us increase communication
in the Senior Center by signing
up for the list-

Sign up by visiting ejrp.org/olderadults
and filling out the Essex Area Senior
Center Newsletter Subscription Google
form!

Senior Center Newsletter Subscription
Google form!

(Form Link:

[HTTPS://forms.gle/qgwRwgkJRUGg51B46](https://forms.gle/qgwRwgkJRUGg51B46))

SENIOR CENTER MEMBERSHIPS

Due to being open only
for the first three months
of 2024 at Lincoln Hall,
before vacating for
renovations, there will be
no membership fees for
the Senior Center until
further notice.



THANK YOU TO
EVERYONE THAT
CAME OUT FOR OUR
PICNIC AT MAPLE
STREET PARK!



NEW WEEKLY AND MONTHLY PROGRAMMING!

WALKING CLUB

MEETS WEDNESDAYS

10:30AM

MAPLE STREET PARK

MEET AT THE FIRST PAVILION WHEN YOU ENTER THE PARK. BRING WATER AND WEAR COMFORTABLE SHOES.

EVERYONE IS WELCOME! WALK THE WHOLE TIME OR TAKE A BREAK ON A BENCH



GAMES GALORE

A NEW MONTHLY PROGRAM WITH THE LIBRARY!

**THE FIRST TUESDAY OF THE MONTH,
3:30-4:30PM**

COME TO THE LIBRARY TO PLAY BOARD AND CARD GAMES FOR SOME INTERGENERATIONAL FUN. FOR ALL AGES.



CRIBBAGE

WEEKLY CRIBBAGE HAS RETURNED!!

WEDNESDAYS

1-3PM

**HOLY FAMILY PARISH CENTER
DOWNSTAIRS CLASSROOMS**



**QUESTIONS?
ASK JULIE!**



Game time with ADL students!

ADL middle school students want to spend their mornings with you! Come play board games or ping pong and get to know the kids in your community!

3 WEEK SESSION

WEDNESDAYS 8:45-9:45AM

OCTOBER 16 & 23: BOARD GAMES AND PING PONG

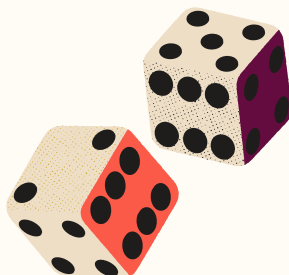
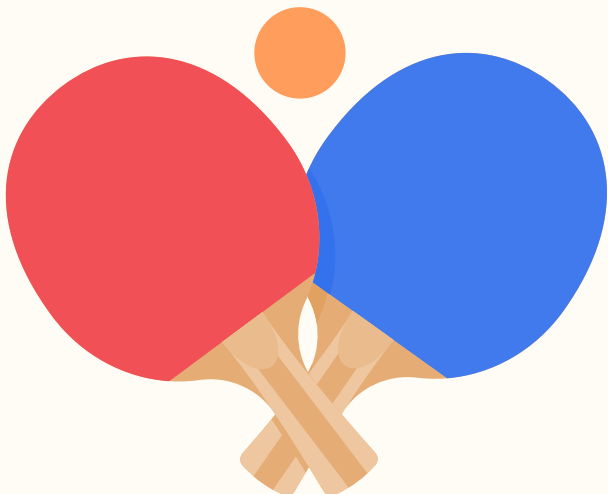
OCTOBER 30: BREAKFAST WITH THE STUDENTS

ALBERT D. LAWTON

INTERMEDIATE SCHOOL

104 MAPLE STREET ESSEX JCT

Sign up with Julie!
jshorter@ejrp.org
802-878-1375 x1553



HAVE A SPECIFIC GAME YOU WANT TO PLAY? PUT IN A REQUEST!

PUMPKIN PALOOZA

**WE NEED YOUR HELP CARVING
PUMPKINS FOR OUR PUMPKIN CASTLE!**



**COME CARVE PUMPKINS THAT WILL BE
ON DISPLAY AT MAPLE STREET PARK!**

COMMUNITY CARVING TIMES (FOR ALL AGES!)

WEDNESDAY OCTOBER 23RD 3-6PM

THURSDAY OCTOBER 24TH 3-6PM

**HAVE A GROUP THAT WANTS TO SCHEDULE A
DIFFERENT TIME TO COME AND CARVE?
CONTACT JULIE!**



**IS ANYONE INTERESTED IN
DECORATING A TENT FOR
ESSEX AREA SENIOR CENTER
AND HANDING OUT CANDY
ON THE TRICK-OR-TREAT
TRAIL AT MAPLE STREET
PARK ON SATURDAY
OCTOBER 26TH FROM 4-
8PM?**



CONTACT JULIE!

**JULIE SHORTER
JSHORTER@EJRP.ORG
802-878-1375 EXT 1553**



SENIOR CENTER WEEKLY PROGRAMMING



MONDAYS:

No programming

TUESDAYS:

10AM-1:00PM – BINGO

- FREE! Fun prizes!
- Bring your own lunch, lunch break at 11:30AM
- At the Holy Parish Family Center

WEDNESDAYS:

10:30-11:30am – WALKING CLUB

- FREE!
- At Maple Street Park
- 1-3PM – Cribbage**
- FREE!
- At Holy Family Parish Center



THURSDAYS:

12:30-4PM - DUPLICATE BRIDGE

- FREE!
- At the Holy Parish Family Center

FRIDAYS:

10AM-12PM – MAH JONGG

- FREE!
- At the Brownell Library (Kolvoord Room)

Have programming you'd like to see?

Chat with me in person or send me an email!

jshorter@ejrp.org

Whether it's regular weekly programming or a one-off event, I'd love to hear your ideas and help bring them to life!

From Julie!



OTHER COMMUNITY OPPORTUNITIES



BONE BUILDERS



FREE!

**WEDNESDAYS
AND FRIDAYS
9-10AM
UNITED GRACE
METHODIST
CHURCH
130 MAPLE ST**

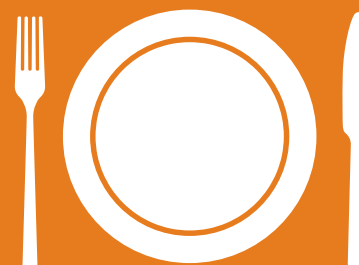
Bone Builders is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Study participants gained bone density, became stronger and improved their balance. These health gains significantly reduced the incidence of falling. Bone Builders classes fill a vital need for regular physical exercise as well as increased social interaction, both well-known components of healthy aging.

**NO
REGISTRATION
REQUIRED-
REMEMBER TO
WEAR
COMFORTABLE
CLOTHING AND
BRING WATER!**



ESSEX COMMUNITY DINNER

**FRIDAY,
OCTOBER 11TH
5:30PM
AT THE HOLY
FAMILY PARISH
CENTER**



**ESSEX COMMUNITY
DINNERS ARE PROVIDED
IN ORDER TO GROW AND
PROMOTE COMMUNITY!**

BY DONATION



VERMONT HUMANITIES SNAPSHOT AT BROWNELL LIBRARY

**FREE!**

DEEP ROOTS AND STRONG BRANCHES: AMERICAN ABENAKI NARRATIVES AND HEALING

AN EXPLORATION OF DEEP-TIME REGIONAL PRESENCE, AND CONTINUITY OF CULTURE THROUGH STORIES AND DOCUMENTATION OF REGIONAL INDIGENOUS FAMILIES. BEGINNING IN 2022, THE VERMONT ABENAKI ARTISTS ASSOCIATION UNDERTOOK A STORYTELLING AND ART-BASED PROJECT TO DETERMINE THE EXPERIENCES AND PERCEPTIONS OF VERMONT'S NATIVE AMERICAN COMMUNITY DURING THE GLOBAL PANDEMIC. IN ADDITION TO DISPARITIES, THEIR ARTWORK AND STORIES REVEALED DEEP-ROOTED FAMILY MEMORIES, INTERGENERATIONAL TRAUMA, AND THE HEALING THAT IS POSSIBLE THROUGH COMMUNITY PROJECTS CONNECTING WITH CULTURAL HERITAGE, ARTS, AND EDUCATION.

SNAPSHOT IS A SERIES OF FREE TALKS HELD AT PUBLIC LIBRARIES AROUND VERMONT. THIS IS THE ONLY ONE THIS YEAR AT BROWNELL!

OCTOBER
30TH
6:30-7:30PM
AT BROWNELL
LIBRARY



ABOUT THE PRESENTER

VERA LONGTOE SHEEHAN IS AN EDUCATOR, ARTIST, AND THE EXECUTIVE DIRECTOR OF THE VERMONT ABENAKI ARTISTS ASSOCIATION WHERE THEIR WORK INCLUDES CURATING DYNAMIC EXHIBITIONS AND ENGAGING PROGRAMS ABOUT REGIONAL CULTURE. VERA ALSO SERVES AS THE SECRETARY FOR VERMONT HUMANITIES. PREVIOUSLY, VERA WORKED AT THE NATIONAL MUSEUM OF THE AMERICAN INDIAN AND SERVED ON THE STATE ACT 1 COMMITTEE DEALING WITH ETHNIC STUDIES AND SOCIAL EQUITY IN SCHOOLS. THEY EARNED THEIR MALS FROM SUNY EMPIRE STATE COLLEGE, WHERE THEY ALSO EARNED THEIR BA IN NATIVE AMERICAN STUDIES AND MUSEUM STUDIES.



BRAIN GAMES!

OCTOBER SUDOKU

4		6		2				
	8		4				9	3
3				8	5			2
7		9						8
	5			7			4	
6						7		1
9			2	4				5
2	6				8		7	
				3		1		9

OCTOBER WORD SCRAMBLE



Halloween Word Scramble



1. okypos _____
2. pkpinum _____
3. treta _____
4. oghst _____
5. ydanc _____
6. rpivame _____
7. keonstel _____
8. luhgo _____
9. pecyre _____
10. tomcuse _____
11. nthua _____
12. owaercrcs _____
13. iyderah _____
14. oblod _____
15. labck act _____
16. ogbiln _____
17. mymmu _____
18. rasyc _____
19. piserd _____
20. sremca _____

OCTOBER TRIVIA!

Which Halloween candy was originally referred to as chicken feed?



Answers on page 17

CROSSWORD

Across

1. Conn. neighbor
 5. Herringlike fishes
 10. Leave in, to an editor
 14. Ancient Andean
 15. "Water Lilies" painter
 16. Fiesta fare
 17. Go to great heights
 18. Itsy-bitsy bits
 19. How one might run
 20. Spanish gentleman
 22. Mac maker
 23. Wife, jokingly
 25. Hindu soul
 28. Aspen aficionado
 29. Word after pocket or loose

31. Deliberate destruction
 36. They may be pulled
 38. Dilbert's workspace
 39. Erotic
 41. Early English comedy, "_____
 Gurton's Needle"

42. "Get lost!"
 44. Minuscule
 45. Accept responsibility
 50. Unaccompanied
 51. Weatherman offerings
 55. Lose steam
 56. Parlor piece
 57. Beat badly
 58. Clothing line

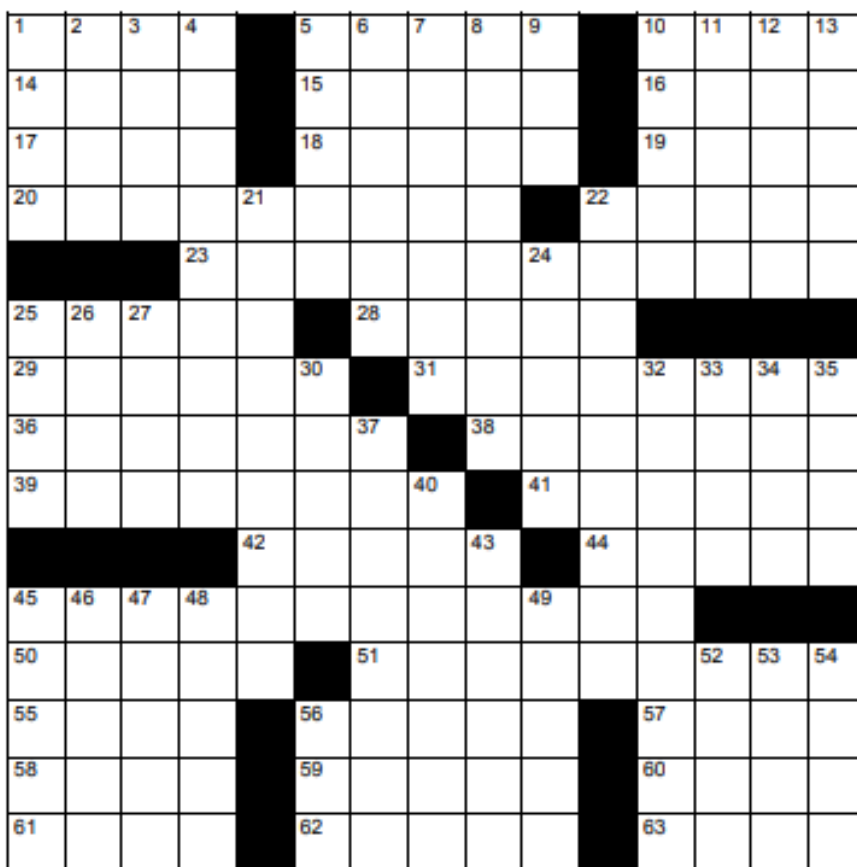
59. Certain exams
 60. Frank Herbert sci-fi series
 61. Nothing but
 62. To the point
 63. A whole bunch

Down

1. Catchall abbr.
 2. Forest ox
 3. Wound covering
 4. Minuet-like dances
 5. Clothing size
 6. Monopoly purchases
 7. Polar parkas
 8. Possessed one
 9. Ave. crossers

10. Kind of infection
 11. Buccaneers' home
 12. Reason for a food recall
 13. Representative
 21. Spiny lobster
 22. Like Cirque du Soleil performers
 24. Fix, in a way
 25. Plays a part
 26. Quaker's "you"
 27. "Death in Venice" author
 30. Son of Cain
 32. They're punched at work
 33. Top of the heap

34. Secluded valley
 35. Mysterious: Var.
 37. Guaranteed
 40. Russian urn
 43. Diego Rivera creations
 45. Weighty put-down
 46. 1979 sci-fi classic
 47. Snorkeling sight
 48. Hostile force
 49. Have a hunch
 52. Music category
 53. Spotify selection
 54. Hearty dish
 56. URL punctuator



GREEN MOUNTAIN PASSPORT

**-A Vermont State Park Visitor's Pass
Discount Program for Seniors & Veterans-**

What is the passport for?

- Free admission to VT State Parks (overnight camping and other park fees are excluded)
- Free admission to Vermont State Historic Sites
- Free admission to events that are fully State-sponsored

Who is eligible?

- Must be a legal resident of the Vermont town or city in which you are applying
- Must be either 62 years of age or older, or a veteran of the uniformed services

How do I get a Green Mountain Passport card?

- Fill out an application at your local City or Town Clerk's Office
- Pay a one-time, \$2 fee to the municipal clerk
- Receive your Green Mountain Passport Card!

**FOR MORE INFORMATION ON THE GREEN MOUNTAIN
PASSPORT CARD, CONTACT
YOUR LOCAL CITY OR TOWN CLERK'S OFFICE**

**FOR MORE INFORMATION ABOUT VERMONT STATE PARKS,
VISIT VTSTATEPARKS.COM**

LOOKING AHEAD

NOVEMBER'S SENIOR LUNCHEON!

BY DONATION

**NOVEMBER 6TH
@ NOON
ST. PIUS X**

**BAKED HAM, SWEET
POTATO CASSEROLE,
VEGGIE, DESSERT**

REMINDER THAT
OCTOBER'S
LUNCHEON
WILL BE ON
10/2,
RESERVATIONS
CLOSE 9/27!

**20 JERICHO RD.
ESSEX JUNCTION,
VT 05452**

**RESERVATIONS REQUIRED
BY NOVEMBER 1ST**

EMAIL: DEELEYGLORIA@GMAIL.COM

CALL: DONNA @ (802) 879-7922

**THANK YOU,
DONNA,
GLORIA, AND
ST. PIUS
VOLUNTEERS!**

**STARTING IN NOVEMBER, WE WILL BE OFFERING
ART CLASSES WITH TINA LOGAN AT HER STUDIO!
SIGN UP ON EJRP.ORG.
SEE JULIE FOR ASSISTANCE REGISTERING OR CALL
802-878-1375!**



HARVEST STILL- LIFE DRAWING

**USE PASTELS TO CREATE
BEAUTIFUL STILL-LIFE
DRAWING FROM AUTUMN'S
BOUNTY. NO EXPERIENCE
NECESSARY- ONLY INTEREST
AND ENTHUSIASM**

**MONDAY NOVEMBER 4TH
10-11:30AM**



**\$25
PER
CLASS**

HARVEST STILL- LIFE PAINTING

**CREATE A HARVEST INSPIRED
PAINTING USING ACRYLIC OR
GOUACHE PAINTS. NO
EXPERIENCE NECESSARY-
ONLY INTEREST AND
ENTHUSIASM**

**MONDAY NOVEMBER 18TH
10AM-NOON**

AGE WELL CORNER



CAPABLE Program COMMUNITY AGING IN PLACE ADVANCING BETTER LIVING FOR ELDERS



**Designed to help older adults
function safely in their homes**

SERVICES:

- 6 home visits from an Occupational Therapist
- 4 home visits from a registered nurse
- Minor home repair, modifications, & assistive devices

Teams comprised of an occupational therapist, a registered nurse, and a handyman to help older adults identify their own self-care goals which can decrease hospitalization and healthcare costs



ELIGIBILITY:

- 60 years of age or older
- Live in Addison, Chittenden, Franklin, or Grand Isle counties
- Have some difficulty with any ADL (such as bathing, dressing, grooming, eating, walking across a small room)
- Cognitively intact
- Not receiving active cancer treatment or pending surgery
- Not terminally ill
- Income eligible - call for more information

Questions & Referrals: 1-800-642-5119



Age Well is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence. To learn more and donate, visit: agewellvt.org

HOLY FAMILY PARISH OCTOBER 14TH LUNCHEON

Meal provided to individuals 60+ years of age.

WHEN & WHERE:

Monday October 14th
Check in: 11:30 Lunch: 12:00
Holy Family Parish
30 Lincoln St Essex Jct

CONTACT & REGISTRATION

Julie Shorter: Program Director for Older Adults Essex Jct Parks & Recreation
802- 878-1375 ext 1553
jshorter@ejrp.org
No delivery available
No takeout available
\$5 suggested donation per meal.

OCTOBER 14

Shepard's pie w/corn & mashed potatoes, diced carrots, wheat roll, pumpkin cookie & milk.

OCTOBER 21

Lasagna roll ups w/meat & marinara sauce, parmesan cheese, brussel sprouts, wheat bread, baked sliced apples, cookie & milk

OCTOBER 28

Beef steak w/bbq sauce, rice pilaf w/diced tomatoes & veggies, italian vegetables, wheat bread, pineapple tidbits, cookie & milk

RESTAURANT TICKET PROGRAM

Program Overview: Age Well has partnered with restaurants in various VT counties to offer nutritious meals to people aged 60+. Individuals can register, donate for a ticket, and dine at one of the restaurants with family/friends on their own time.

Cost: The suggested donation is \$5 per ticket.

Ticket Usage: Upon arrival, present your Age Well ticket to your host/server. They will then give you the special Age Well menu which has been reviewed and is compliant with the Older American's Act guidelines. All other members of your party will select from the regular menu at regular price. Substitutions are not allowed. Any extra items or substitutions ordered will be charged at full price.

PARTICIPATING RESTAURANTS:

- The Abbey Pub & Restaurant:** 6212 VT-105 in Enosburg Falls
(Available Thursdays & Sundays 11:30am - 5:00pm)
- The Dutch Mill Family Restaurant:** 4309 Shelburne Rd in Shelburne
(Available Monday-Friday 7:30am - 2:00pm)
- Halfway House:** 450 VT-22A in Shoreham
(Available Monday-Thursday 5:00am - 8:00pm)
- IHOP:** 155 Dorset St in South Burlington
(Available Monday-Sunday 7:00am - 2:00pm)
- Ray's Seafood Market:** 7 Pinecrest Dr in Essex Junction
(Available Sunday-Wednesday 11:00am - 3:30pm - Labor Day-Memorial Day)
- Rosie's Restaurant:** 886 Rte 7 South in Middlebury
(Available Monday-Wednesday, 6:00am - 11:00am for Breakfast, 11:00am - 3:00pm for Lunch)
- 3 Squares Cafe:** 141 Main St in Vergennes
(Available Monday, Thursday, Friday, & Saturday 8:00am - 5:00pm)
- Greenwood Deli & Bakery:** 101 Main St in Richford
(Now Taking Restaurant Tickets: Wednesdays Lunch (11:30am-3pm), Fridays Breakfast (9am-11am))
- Wally's Place:** 260 Rte 2 in South Hero
(Available Wednesday, Thursday & Friday 10am-2pm - Labor Day-Memorial Day)
- Kraemer & Kin:** 230 Rt 129 in Alburgh
(Closed January 1 - March 31)
(Available Thursdays/Fridays 3:00pm - 8:00pm , Saturday 11:00am - 8:00pm, Sunday 10:00am-3:00pm)
- Rockers Pizzeria:** 191 Main St in Vergennes
(Available Monday-Friday 11:00am - 4:00pm)
- The Bridge Restaurant:** 8013 Rte 17 in Addison
(Available Wednesday-Sunday 11:00am-Close (Labor Day-April 30th)
Wednesday and Thursday 11:00am-Close (May 1st-Labor Day))



**TICKETS ARE AVAILABLE AT THE AGE WELL OFFICE AT
875 ROOSEVELT HWY, STE. 210 IN COLCHESTER
CALL 802-662-5200 FOR MORE INFORMATION**

TRANSPORTATION



SSTA BUS OPTION

The Special Service Transportation Agency (SSTA) offers an ADA paratransit program for residents who live within 3/4 of a mile from a fixed route bus service, provided by Green Mountain Transit (GMT), and have a disability that prevents them from walking to or waiting for a bus. Regarding the mile threshold, almost all of the City of Essex Junction qualifies with exceptions being a handful of households within neighborhoods at the western end of South Street, Cascade Street, and Dunbar Drive and a few households at the northern edge of Old Colchester Road. In order to utilize the service, an application must be completed and processed in advance (can take up to three weeks). Applicants will need a certified healthcare professional to verify their disability. The cost per ride for the user is \$2.50.

The application and further information can be found here:

<https://ridegmt.com/paratransit-application/>

If you are not sure if you qualify for the paratransit program or know that you do not, you should call SSTA (802-878-1527) to inquire about what transportation options may be available to you.

If you would like assistance making this call and understanding your options, an EJRP staff member would be happy to help you (802-878-1375).

Crossword Answer



Sudoku Answer

4	1	6	9	2	3	5	8	7
5	8	2	4	1	7	6	9	3
3	9	7	6	8	5	4	1	2
7	3	9	1	6	4	2	5	8
1	5	8	3	7	2	9	4	6
6	2	4	8	5	9	7	3	1
9	7	3	2	4	1	8	6	5
2	6	1	5	9	8	3	7	4
8	4	5	7	3	6	1	2	9

Word Scramble Answers

Halloween Word Scramble

1. okypos	spooky
2. pkpinum	pumpkin
3. treta	treat
4. oghst	ghost
5. ydanc	candy
6. rpivame	vampire
7. keonstel	skeleton
8. luhgo	ghoul
9. pecyre	creepy
10. tomcuse	costume
11. nthua	haunt
12. owaercres	scarecrow
13. iyderah	hayride
14. oblod	blood
15. labck atc	black cat
16. ogbiln	goblin
17. mymmu	mummy
18. rasye	scary
19. piserd	spider
20. sremca	scream

TRIVIA ANSWER:
CANDY CORN

ENTERTAINMENT!

WHAT'S NEW ON NETFLIX



- **Being Julia (2004)** – Drama on the life of Julia Lambert, an aging actress facing some difficult decisions.
- **Judy (2019)** – Biopic on the famed singer Judy Garland who defied the odds to sell out a series of London concerts in the late 1960s.

SEPTEMBER'S BOOK PICKS FROM OUR SENIORS!

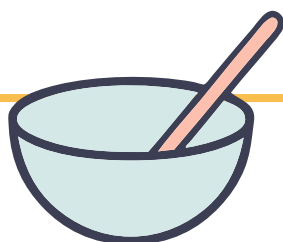


Title: At Home in Mitford

Author: Jan Karon

Part of a book series of very warm, pleasant stories about the residents of Mitford, North Carolina

Available at the Brownell Library!



COOKING CORNER

HALLOWEEN PUPPY CHOW

INGREDIENTS

- 9 cups Rice Chex Cereal
- 1/2 cup white chocolate chips
- 1/2 cup milk chocolate chips
- 1/2 cup creamy peanut butter (divided)
- 1/2 cup butter or margarine (divided)
- 1 tsp vanilla extract (divided)
- 1 1/2 cup powdered sugar (divided)
- 1 1/2 cups candy corn

-SERVES 8-
TOTAL TIME: 15 MINUTES



Recipe from:
<https://lilluna.com/halloween-puppy-chow/>

INSTRUCTIONS

Step 1: Split cereal in half and put 4.5 cups in one bowl and 4.5 cups in another bowl. Set aside.

Step 2: In a pan, heat white chocolate chips, 1/4 cup peanut butter, and 1/4 cup butter or margarine. Stir frequently until melted. Add 1/2 tsp. vanilla.

Step 3: Remove from heat and pour over one of the bowls of cereal until evenly coated. Pour into a gallon bag with 3/4 cup powdered sugar. Seal bag and shake until well coated.



Step 4: Repeat steps 2 & 3 for the chocolate Chex.

Step 4: Pour white chocolate and milk chocolate Chex into one bowl. Add candy corns and mix well. Store in airtight containers.



OCTOBER 2024 CALENDAR



SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		1 10AM-1:00PM: BINGO 3:30-4:30PM GAMES GALORE	2 9-10AM BONE BUILDERS 10:30-11:30AM WALKING CLUB 12PM SENIOR LUNCHEON 1-3PM CRIBBAGE	3 12:30-4PM: DUPLICATE BRIDGE	4 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	5
6	7 JULIE AWAY NO PROGRAMS	8 JULIE AWAY 10AM-1:00PM: BINGO	9 JULIE AWAY 9-10AM BONE BUILDERS 10:30-11:30AM WALKING CLUB 1-3PM CRIBBAGE	10 JULIE AWAY 12:30-4PM: DUPLICATE BRIDGE	11 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG 5:30PM ESSEX COMMUNITY DINNER	12
13	14 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	15 10AM-1:00PM: BINGO	16 8:45-9:45AM GAMES WITH ADL STUDENTS 9-10AM BONE BUILDERS 10:30-11:30AM WALKING CLUB 1-3PM CRIBBAGE	17 12:30-4PM: DUPLICATE BRIDGE	18 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	19
20	21 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	22 10AM-1:00PM: BINGO	23 8:45-9:45AM GAMES WITH ADL STUDENTS 9-10AM BONE BUILDERS 10:30-11:30AM WALKING CLUB 1-3PM CRIBBAGE COMMUNITY CARVING TIME	24 12:30-4PM: DUPLICATE BRIDGE COMMUNITY CARVING TIME 3-6PM	25 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	26 PUMPKIN PALOOZA 4-8PM
27	28 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	29 10AM-1:00PM: BINGO	30 3-6PM BREAKFAST WITH ADL STUDENTS 8:45-9:45AM BONE BUILDERS 10:30-11:30AM WALKING CLUB 1-3PM CRIBBAGE 6:30-7:30PM SNAPSHOT SERIES	31 HALLOWEEN 12:30-4PM: DUPLICATE BRIDGE		

Have something you'd like to add to the next newsletter? See Julie or email her at jshorter@ejrp.org !